

5 Reasons you can have encounter with ghosts and spirits

February 6, 2016 by [amit](#)



Nature is our mother and it never means any harm for us. So it has already made mechanism to protect us from certain things. E.g. [we don't remember our past life](#) for our own good. Similarly [ghost exist but not in our dimension](#). So that minimizes the chances of having an encounter with them.

But still you must have heard cases of spirit possession. These are rare cases which could happen for a number of things. It's good to know when and how you can attract ghost in your life so that you can take necessary precaution.

If by chance, you land up in such a situation then never challenge the ghost. Be respectful to them and to their space. Leave their space immediately. Chant Hanuman Chalisa or Hanuman Kavach or Maha Mrityunjaya Mantra or your own Sidh (potent) mantra or remember your guru or deity. But don't get scared. Because fear will make your aura shrink and that can create space for the ghost to enter. That's one of the main reason Swami Vivekananda denied the existence of ghost because this belief of their non-existence makes you fearless.

During my college life, I used to stay in a hostel. One of our friends died by drowning in a river by accident. So most of us used to be scared of going to his room. But one of our Bengali friend who never believed in ghost started staying in his room without any fear. He chose the room because it gave him privacy and space as he does not need to share the room with two more people. So you know how our beliefs and thoughts create panic in our life. Sometimes there are no ghosts in your life. You create them by your imagination. When doubt about paranormal things enters in your mind then your imagination becomes very fertile. Any small sound can create panic in you. So keep calm and don't think too much in such situation. Best is to do pooja or practice any spiritual practice or to do something which brings back your confidence.

You can also check these two posts:

1. [How to remove haunted energy from home](#)
2. [Signs you live in a haunted house](#)

Reasons you can have encounter with ghosts and spirits

1. Karmic Connection

Most of the spirit possession, encounters or such problems are karmic. The Great Aghori Master Vimalananda also mention this in the book “Aghora Trilogy”. In a way, nothing happens without any reason. You must have earned the karma for inviting good or bad incidents in your life.

So if you end up having an encounter with a ghost then most probably you have created the seeds for that situation to occur. E.g. you have acted bad with a person and he has lot of anger and revengeful feeling against you. If while dying also he remembers you with anger then there are chances that if after dying he gets trapped in ghost dimension then he can try to even the score with you. So don't create karma which you may not like to face in future.

2. Excess of Alcohol, Drugs, Sex or Orgies:

Don't go into too much of extreme in these things. Remember, when a couple is having sex then lot of bodyless beings get attracted towards them because they want to be reborn. But the final race is mostly won by someone who is karmically supposed to be reborn in your home. But when you go too much into these things and specially in negative places then you can offset the nature rule and invite such problems in your life. Don't play with your energies at such an extreme level that it put lot of pressure on your auric and emotional body. Keep your aura healthy and energies pure and sattvic. Always [invite positive energy in your home](#).

3. By Accident

Many people just get connected with ghost by accident. They didn't want to irritate or make the ghost angry but unknowingly that's what they end up doing. E.g. I have heard cases where someone was traveling in train and then in the middle of the journey, the train stopped somewhere in an isolated area. The place was inhabited and away from human population. The person came out of the train and ate something under a tree and soon got possessed.

Some people like to urinate under a tree. The bodyless beings get big time offended with the smell of urine. Because they eat by smell and sight. So for them, it's like you have come to their home and urinating there.

So as a precaution never eat (especially sweet) in a place which is far away from human population and never urinate under a tree specially peepal and banyan tree. Many mothers in Indian homes don't allow their children to eat sweet and then immediately go out of home in the evening time. If they have to go out of home after eating sweet then they are made to taste the salt.

4. Weak Aura and Vulnerability

If there are lot of holes in your aura then you are not only more susceptible to negative energy but also to ghosts or body-less entities. The holes in aura create a opening for them. Just as Ozone layer protects the earth from harmful UV radiation of Sun. Similarly a strong aura protects you from negativity and other worldly problems.

Women during monthly periods are also in a vulnerable state as the bodyless beings naturally gets attracted to the menstrual fluid as it carries life and is life giving. The bodyless beings wants to possess a body or want to be reborn. So its natural for them to get attracted to menstrual fluid. So take precaution during these times and don't venture into places where energy is not positive.

5. Visiting Haunted Places

If you visit a cemetery or cremation ghat or an isolated place which has weird energy then there are more chances to get attracted to such beings. If a home is closed for many years then it will have stagnant and blocked energy. Avoid spending time in such closed homes. The place where murder or

any intense energetic negativity has happened can again attract such energy. So as a rule avoid visiting places which are not charged with positive energy. If you happen to visit any such negative place then after coming home put your clothes for washing and immediately take [salt water bath](#). Also check this post – [How to remove negative energy from your home](#).

Always **restraint yourself from venturing into the occult dimension** without the protection of a master. Avoid planchet or channeling or anything else which connects you with the dimension of ghosts. Because once you break the subtle wall which nature has created to separate your world from theirs, then it is not easy to make it again. It's easy to open the door to their dimension but not easy to close it back. In that scenario, you must learn how to create 'kilana' or any other energetic protection ring around you.

Filed Under: [spirituality](#)

How to remove haunted energy from home

June 19, 2016 by [amit](#)



living with haunted energy is like living a nightmare. you don't know when things will go wrong and why they are happening only with you. before trying to remove the haunted energy, you need to find out the cause of it. what is attracting haunted energy in your home. you can check this post – [15 signs that you are living in a haunted home](#).

reasons for haunted energy in your home:

1. your home is build on a site which was previously used as a **cremation spot or graveyard**. if that is the case then it is very difficult to clean the haunted energy for a normal person. at least i won't be able to do it. this is because many departed souls could be stuck there. i will not move into that house whose past is not good. good tip in this regard is not to buy any property in a distress sale. because somewhere that property has not suited the previous owner. i will always give preference to home which has brought prosperity to someone. always do the history check of the house you are moving into.

2. **someone has died in the house**. it could be from your family or from someone who was staying before you in the house. again this is not an easy case but easier than when the property is build on graveyard. its not easy because you have to disconnect the departed soul, if it is still connected with the house and its things. at the same time, it is not so easy as the departed soul is attached to the home and might not like any step you take to remove him. you have to be very gentle and loving with them. never offend or irritate them. worse thing you can do is to challenge them. personally, i would not like to clean such a house unless the departed soul is friendly to me. its an act of compassion to help the departing soul to move over but only who is expert in this field should do this. don't do such things on your own because it can take a toll on your energy bodies (other bodies).

3. **you have a visited a haunted place and picked up the energy** and brought it to your home. many times, you don't just pick up the energy but can attract entities (souls) also. this is fairly easy to clean because the attracted entity is not attached to your home. moreover she is not the owner of the home unlike the situation when you move into an existing haunted house. when you move into an haunted house then technically you are a guest and the haunted soul is the owner or resident in the home.

4. you have attracted negative energy in your home by going into drugs, wild sex parties, deep depression, strong revengeful feelings or anger and so on. somehow **your actions spoiled the sanctity of the home** and attracted the negative energies.

now lets find out what to do to clean the home from haunted energy and make it positive again.

how to remove haunted energy from home:

1. remove the old furniture or reshuffle the furniture

if you have moved into a new house and energy is weird or haunted or the home is not suiting you. then best is to get rid of old furniture, mattress, curtains etc. if you cannot afford removing old furniture then reshuffle the location of the furniture and clean it well. this part is little tricky also because if the soul is stuck in the house then it may not like this. but in case, you are just dealing with the haunted energy and there is not haunted soul in the home then its one of the best thing to do.

2. paint the house

many indians always whitewash or paint the house before moving into the new house. i have heard brokers saying many times that the house is painted only 6 months back, so no need to paint it. but its a very wise step to paint the house before moving in. it cleans much of energy left by the previous owner of the house. you can also check these post – [how to remove negative energy home](#)

3. good ventilation of air and enough sunlight

1-2 days before moving into the house, open all the windows and make sure that fresh air comes into the house. let all the dead or stuck air goes out. with this you will also remove the dead or blocked energy from the home. always give preference to the house which has good cross ventilation of air and gets enough sunlight. don't move into a house which is dark and dingy and does not have fresh air and sunlight. having abundant sunlight could be a problem in some parts of world but if you can get it then nothing like it.

4. havan or pooja

if you trust hindu customs then do havan or pooja before moving into the home. you can do it later on also. or you can call religious person from your religion and let him purify the home with holy water and chants.

5. smudging with sage and incense

one of the excellent way is to smudging with white sage. in smudging we need to create smoke by burning sage and then blow off the fire once sage starts giving smoke. let the sage smoke reach every part of your home. you can also burn camphor (kapoor), lobhan (sambrani), dhoop and incense. but best is sage and then camphor. another excellent method is to burn charcoal red hot and then keep it in a container and then put powdered lobhan on top of it and blow some air with newspaper or cardboard. let this lobhan smoke fill your whole home. this will give a good auric bath to your home. burning a sesame oil lamp (diya) also removes negative energy from the home. aura soma can also purify the home. all these things contribute in their own way and clean the home. so make sure you burn incense every day.

6. sprinkling holy water

hindus clean the house with ganges water. christian can call the father to sprinkle holy water in the house and so on. every religion has some devices to purify the home. give it a try. another powerful method is to add sea salt in water then use it for mopping the floor. sea salt has the property to removing negative energy.

7. peace for departed soul

pray for the departed soul. ask it to move towards bright light. i strongly believe in the 14 day death ceremony which hindus perform for their departed souls. basically the soul should move on and should not be stuck at the earthly (human) dimension. at times, the soul does not even know that they had died. if you can connect with them then tell them that they have died. they might not believe it at first instance. so ask them can they see inside the adjoining room and next ask them how can they see through the walls. this will make them realize that they have died. counsel them to move on because its best for everyone and including them. request them gently to move towards bright light. you can ask spirit guides or angels to help them. you can pray for them to your deity also.

8. disconnect with the dead person

if you are carrying some item like clothes or any gift from the person who has died then donate it to some charitable institute or discard it. remove anything which connects you with the person whose energy is troubling you. you have to disconnect the chord at psychic level also. for this visualize that you are cutting the chord with the departed soul. you can call spirit guides to help you or be present when you are doing this. remove any photographs of the person if you have. don't remember about him because when you remember then you invite their energy. so stay positive, calm, cheerful and occupied.

9. chanting mantras

every religion has mantras or devices to deal with haunted dimesnion. in hinduism, you can chant mahamritunjaya mantra or recite hanuman chalisa. you can also play these mantras in a CD but nothing like chanting it yourself. because when you chant then you create more energy than the sound played in a CD. play soothing music or vedic chants at your home. playing Om mantra will also create peaceful environment in the home.

10. create positive energy in your home

stay positive. don't fight in the house. let go of anything which attracts negativity in your home. it could be your old friend or something which makes you sad or depress. invite positivity in your home and in your life. let go of darkness. burn sesame lamp (diya) in your home for some days. visit the temple some time or do some donation or charity. do something which uplifts the energy of the home as well as yours. you can also check this post on [how to bring positive energy in home](#).

in the end, don't forget to pray to god for guidance and help.

Filed Under: [home](#), [spirituality](#)

How to bring positive energy in home | Tips for positivity in home

February 5, 2016 by [amit](#)



Who does not want positivity in life? Everyone like to meet positive and vibrant people.

Home is one place where you spend most of your time. So it's important that your house is full of positive energy. Positivity in the home is going to nourish you and will also help you to bring your best in life.

How to bring positive energy the in home:

1. **Become a positive person** – You are the most important energy being in your house. If you yourself are negative, or thinking or acting negatively then how can positive energy flourish in your home. So think positive, act positive and be positive in life.

2. **Have positive emotions and think positive and act with positivity in mind** –

- a) Laugh often.
- b) Play with children.
- c) Be creative in your work.
- d) Enjoy small things of life.
- e) Share your abundance with others.
- f) Count your blessings.
- g) Be in touch with your loved ones and real friends.

3. **Forgive, forget and move on with life** – If you are still holding any grudge against some person then just forgive and move on. Because it will release energy from your heart center and you can devote this energy to better things in life. Otherwise, part of your energy is always stuck in the past incident, which always brings bitterness in your life.

4. **Make money from ethical sources** – If you cheat to make money then that money can never give you mental peace in life. It will also bring its own negativity in your life sooner or later. Better to earn little less by ethical means than to cheat and then suffer later. Your negative karmas not only affect you but also your family members. So be fair and honest in your dealings.

5. **[Remove negative energy from home](#)** – There are many steps you can take to remove negative and blocked energy from home. E.g. [You can remove clutter from home](#) or you can use [salt water to remove negative energy](#) and so on.

6. Good flow of energy and prana in house –

- a) Plant flowers and trees in your courtyard or balcony. They not only give oxygen but also gives your healing and positive energy. Spending time close to greenery relaxes you. Flowers attract positivity in your mind.
- b) Having a water fountain in the house helps to remove stagnant and lethargic energy. It helps to keep the energy moving and fresh.
- c) Make sure that air circulation is good in your home and there is plenty of sunlight. Frequently open curtain and windows so that fresh air and sunlight can enter in your rooms.
- d) Always keep your house in good condition and well painted. Never stay in unclean or dirty places. Because whenever you look at the house which needs urgent painting or cleaning then you feel that the house is not flourishing. Shabby homes never attract good thoughts and energy from other people.



7. Spiritual Vibrations in the home – Make spirituality a part of your daily life. You can learn [meditation](#) or chant mantra or practice [yoga](#) or worship any deity/god of your choice. You can make it a practice to remember and pray to almighty every day. Remember your guru before going to sleep. In short, have some spiritual element in your life. It will give your courage to face a hard time and will make sure that you don't lose your way in life. During negative times, it's easy to break down and make wrong choices. So you need to be close to god and spiritual people when you are going through a tough time.



8. Bring spiritual elements in your home –

- a) Play spiritual music or mantras in your home.
- b) Place the statue or photographs of your guru or god in your home.
- c) Burn incense in every room and also in front of your deity
- d) Buy some [spiritual books](#) and read them regularly.
- e) Avoid eating non-veg food, alcohol or any activity which spoils the sattvic energy in the home.



9. **Pooja room** – If it's possible then dedicated one small space or room for practicing your meditation or any other spiritual practice. In many Indian homes, one small room is made especially for this purpose and this act a powerhouse of positivity and dharma (righteousness) in the home.

10. **Charity** – As per your means, always donate part of your income for less privileged or poor people. Sometimes making food from your own hand and giving them to hungry people also helps. In the charity, the intention matters the most. [Selfless charity is the real charity](#) which god loves.

11. **Yagna or pooja** – Do any [homam](#) or yagna in your home or you can have some pooja or some spiritual chanting done by pandit (priest). Many Indians also do various pooja like sat narayan ki pooja or ramayan ka phaata... it all helps a lot.

In the end, **make sure that you have a positive intention to bring positive energy in your home.** Because once you are clear about your objective then you will walk the extra mile to make your home full of positive energy. So think positive, feel positive and act positively with a strong will power. And slowly the energy will start changing in your home for your prosperous and happy living.

Filed Under: [home](#)

Reader Interactions

Comments

-  [Luisa](#) says

[November 10, 2014 at 6:00 pm](#)

hi,
there's a special hindi name. it's about organizing your home in such a way to bring you positive energy. what is that name? I knew it, long ago, but I forgot it.
please help ☐



- o amit trehan says

[November 15, 2014 at 1:34 pm](#)

luisa, it is 'vaastu shashtra'.



2. menakshi says

[November 13, 2014 at 7:40 am](#)

Hi

I try my best to bring positive energy at home. But each time something went wrong my husband blame me. I am depressed. Please help. Thks



- o amit trehan says

[November 15, 2014 at 1:39 pm](#)

menakshi, no need to take the blame personally. otherwise you won't be able to focus on positivity. just think that some negative energy has just been used. keep moving. fresh water is never stagnant.



3. Hadassah says

[December 13, 2014 at 3:33 am](#)

everytime my bf comes around me he gets upset and I noticed it wen I cleanse my apt and have a spiritual bath. could it be due to bad spirits bc he wants to hit me.



- o amit trehan says

[January 4, 2015 at 3:49 pm](#)

hadassah, i can not say what could be the reason. either something in your aura might be influencing him or something could not be right with him only. why to blame yourself without knowing the reason. feel positive about yourself and generate loving energy.



4. venus says

[February 20, 2015 at 8:24 pm](#)

namaste

i m mother of 2 girl child.and all my close relatives had boy child.so every body criticizing indirectly for me for not having boy child.this makes me to cry.what should i do? i cant avoid them.



o amit trehan says

[March 6, 2015 at 6:36 pm](#)

venus namaste. as i have read in books, the sex of child is not dependent on mother but on father. so scientifically you are not responsible for this. i suggest ignore their comments and give your unconditional love to your daughter. you are karmically connected to your daughter thats why she has taken birth via your womb. be a real mother to her and in that process you will be fulfilled. love your baby child totally and you will be full of love. and that love will act as protection shield from the negativity of your relatives. i feel your daughter need more love because there is a expectation of boy in the house. so be extra loving to her. rest leave it on god. let god decide who is going to be next child in your womb. it could be a boy or a girl. but whoever it is, it will be someone who you are destined to have in your life and karmically connected.



5. NARESH CHINTALAPALLI says

[April 13, 2015 at 10:24 am](#)

send me daily positive quotes



6. Indrajeet says

[September 15, 2015 at 2:28 pm](#)

Very nice n informative thanks



o admin says

[September 22, 2015 at 6:38 am](#)

welcome indrajeet



7. Minakshi says

[May 5, 2016 at 4:22 pm](#)

I have been through really tough time in my life.i m 35year old and mother of an 8years old girl child. I encouraged myself and moved ahead whenever i had difficult time. But i feel i have done something very wrong and god is not forgiving me.i m facing setbacks again n again that too very serious. I m not able to forget those hardships. What should i do.kindly advise



o amit says

[August 8, 2016 at 8:48 pm](#)

minakshi, god is never angry with anyone. if it is giving hard time to you then it must be for your good. so that you learn and grow. it is just balancing your karma. once you get rid of negative karma then something positive and bright might be waiting for you. negative karmas are like a big load which you have to carry till you get rid of it. if you want to climb a mountain then you need minimum weight on your back. with a big load, it is difficult to climb a mountain. so we let go of any excess baggage. similarly god is clearing your negative karmas so that your heart is unburdened and become innocent. so that you come close to the divine. trust the god, he is always guiding you and protecting you as you protect and love your child. god is your mother. pray to god with a sincere heart and you will get all help and guidance.



8. sindhu arun says

[June 29, 2016 at 2:06 pm](#)

Is breaking mirror a bad luck



o amit says

[August 8, 2016 at 8:32 pm](#)

sindhu, many people think so.



9. Anup says

[July 27, 2016 at 8:10 pm](#)

Sir,

Please let me know whether playing mantras and bhajans continuously (10 to 12 Hours a day) through electronic media at house, does it make considerable impact to bring positive energy at house ? Does it make any change in the attitude of person/s leaving in that house ? Our house is pity old however doors, windows, kitchen and other things are as per vastu shastra but we can't repair the walls, doors and window frames which are very old and they are in warn out conditions. Please enlighten me what else can be done other than making the environment spiritual by playing mantras and Bhajans

Thanks,

Anup



o amit says

[August 8, 2016 at 9:03 pm](#)

Welcome Anup. Playing mantra in CD format will help. But if you chant the mantra yourself (but correctly) then it will be 100 times more powerful than chanting via an electronic medium. basically you have to chant mantra and raise your frequencies.

Signs you live in a haunted house | Living in a haunted home

February 2, 2016 by [amit](#)



staying in a haunted house could be one of the worst experience in your life. because the trapped entity can damage your life at many levels and dimensions. it could not only affect you financially but emotionally, psychologically and health wise also.

you might lose your friends and mental balance. you might run out of luck in every day life. in fact staying in a haunted house is a sign that your bad luck had brought you there.

remember, every piece of land and house has a history. **if you plan to move into a new house then always put effort to know the history of the house.**

1. try to find facts like who was living there before.
2. did they prospered in this house?
3. did anybody fell seriously sick in the house or has anyone died there after prolong sickness? or sudden death in an accident?
4. any accident or serious problem with the house.

remember, **not every entity is dangerous.** sometimes they don't want to harm you. they just want to co-exist with you in the house. because we live in different dimensions. so at times, they won't try to make their presence felt. at the end, respect their space and territory. never mess up with them.

also read – [yes, ghost exists but in different dimension.](#)

signs you live in a haunted house:

1. always trust your gut feeling or inner voice

your eyes cannot see things which your heart can feel. your soul knows much more than your mind. if your inner voice says that something is wrong in the house then listen to it. avoid moving into that house.

2. bad dreams or insomnia

your quality of sleep has deteriorated badly after moving into the house. you get weird or strange dreams which are not related with your life. you at times see dead people in your dreams.

3. strange noises in the house

you hear sounds as if someone is talking but it is barely audible. these strange noises could be because of door closing or falling down of objects etc. if these types of weird or not so common noises are frequent then it is a sign of something paranormal. but once in a while such noise are common and can happen in a normal house also. so pay attention if the weird noises are consistently coming.

4. you feel the invisible presence

you feel as if someone is standing behind you or following you. if you are sensitive then you will feel the presence very clearly. you can also feel that someone invisible has touched your body.

5. someone watching you

you get this gut feeling that someone is watching you. you don't feel alone despite the fact that you are all alone in the house. you might feel that someone invisible is hearing your conversation.

6. things starts misplacing in the house

you might lose some valuable items like jewellery. or if you kept something at one place then you might find it somewhere also.

7. torn clothes

you find your clothes torn at times as if someone has cut them. this is a sign of black magic also.

8. bad fortune

although it can happen at any house. but in a haunted house you will not be able to prosper. you might lose opportunities which you should have.

9. accidents after moving into the house

you can have accidents like small fire, or break down of electrical appliances or injury to the body.

10. pets behaving weirdly

if you have a pet dog or a cat then they are showing weird behavior in the house. they are getting scared or acting weirdly for no reason at all.

11. **no peace of mind**

you have lost your inner balance, peace and the night sleep. there is no harmony inside you.

12. **relationships getting sour**

you end up fighting with your friends and loved ones for no reason at all. people have started avoiding you or ignoring you. or they find something spooky or strange in you or in your home.

13. **sudden and strong emotional outbursts**

your emotional outbursts are sudden and very extreme. e.g. if you get angry then it is like getting hyper angry. there is no balance in your response to situations. you are losing your power of discrimination.

14. **house has a history of accidents**

you have moved into the house where some accident or death has happened. someone was tortured in the house. the history of the house is not pleasant.

15. **moving into an old villa**

if you have moved into an old villa or house where people have stayed for generations. then be extra careful. because you are becoming part of the family energy and history. find out about the family history.

in these matters, **the best judge is your inner voice.**

Filed Under: [spirituality](#)

Scared of ghosts? | Ghost exists but not in human dimension

February 2, 2016 by [amit](#)



many people are afraid of ghosts. i also used to be afraid of ghosts and still at times get scared. but unlike many people i don't deny their existence any more.

ghosts exists but not in human dimension. normally its difficult to have an encounter with them. because we are living in different dimesions. so its not easy to see them unless some rule of nature is broken. if you have an encounter with ghost then it could be an accident. otherwise most of the time it is karmic. if you have some karma with a ghost then only you will face them. most of the time you won't come to know about their presence. because in same place there are many dimensions. if some departed soul from your family wants to convey something to you then they will have to try their best to convey something to you. its not that easy to have communication with them. even after their best efforts you may not come to know anything. because most of the time we are so much engrossed in our mundane life that we can not catch the subtle signals from the other world.

interaction with body-less souls (spirits) is not always bad. sometimes they can be helpful also. at times they might be asking help from you. as they need deliverance from their earthy existence. because somehow they are trapped between the two worlds. if everything was right with their death, then they should have moved to another world after the death. but due to some reason they got trapped and will not be reborn unless their earthy connection is broken and they continue their journey in the other world.

this earthy connection which is not allowing them to move on in 'other world' could be because of many reasons like sudden death in an accident or because rituals are not performed correctly for their after life or it could be because of strong unfulfilled desires or they have a strong motive to stay back like revenge or protecting their loved ones.

talking about protection from spirit world – one of the best way to protect yourself from ghosts in hinduism is to recite hanuman chalisa or chant mahamritunjaya mantra of lord shiva. every religion has some devices or talismen to protect from ghosts. e.g. smudging with sage also helps. there are many places in india where people get healed from spirit possession like balaji temple in rajasthan.

also remember that do not get scared. because when you get scared then your aura shrinks which is not good. try to stay calm and relax. be centered and still from within. remember your deity or chant your mantra. remember you also have a spirit and you are not just the body. if you think you are strong then you are strong, if you think you are weak then you become weak. so trust yourself and have faith in your deity or mantra. but always try to avoid intruding in their space. let them stay in peace.

i must also mention that every bodyless soul is not going to harm you. unless you have some karmic connection with them or you irritate them by intruding in their space. most spirit possession happens when you urinate under a tree in an isolated/deserted place or you visit dark haunted places. avoid such things. just as human love their home and are protective about their space. so is the case with bodyless souls (spirits). respect their space. best practice is to **listen to your intuition or gut feeling when in an isolated or deserted place.**

Filed Under: [spirituality](#)